



The graph above shows the percentage of beverage calories consumed from both sweetened beverages and milk by children between the ages of 2-18, and the time span covered during this study was from 1977 to 2001. As can be seen, the percentage of beverage calories consumed from milk were on a steady decline, while simultaneously the percentage of beverage calories consumed from sweetened beverages were on a steady incline. In 1995, the percentage of beverage calories consumed from sweetened beverages overpassed the percentage of beverage calories consumed from milk. This is very alarming due to the fact that sweetened beverages do not even compare to milk in terms of vital nutrients being consumed. This graph also shows that the American population most likely began to care more about the taste of their beverages and less about the nutritional value

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of their beverages as time moved forward. The information shown on the graph above may have contributed to escalating childhood obesity rates today. The consumption of sweetened beverages will only result in negative health effects. Therefore it is more beneficial for one to consume milk as a beverage instead of consuming a sweetened beverage.

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